

Appl. No. 10/711/256  
Amdt. Dated March 15, 2007  
Reply to Office action of November 17, 2006

**Amendment to the Claims:**

This Listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-10 (canceled)

Claim 11 (new): A method for mounting a rider on a bicycle to transfer the weight normally applied to the riders pubic area to the rider's lumbosacral region, said method including the steps of: (a) providing a soft material wearable around the rider's lumbar region, (b) providing a hard shell securable to said soft material and to the rear respectively of a rider, (c) providing an upright brace member secured to said hard shell extending upwardly to positions below the rider's scapula, (d) support said upright members to a bicycle's foundation at respective locations wherein all of the riders weight normally applied to the pubic area is borne by the riders lumbar region by way of said hard shell secured to said soft material to totally suspend the rider.